

Adult Special Interest

Arts & Crafts

Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC
Instructor: Jean Pratt Beouy • Location: PKCC

Fall 8 classes • No class 12/26 & 1/2
Resident \$130 / Non-Resident \$156

Mon	6–9pm	Sept 12–Oct 31	49502
Mon	6–9pm	Nov 7–Jan 9	49503

Winter 9 classes • No class 2/20
Resident \$146 / Non-Resident \$175

Mon	6–9pm	Jan 23–Mar 27	49504
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Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC
Instructor: Pat Tuton • Supply fee \$3 • 2 classes
Resident \$24 / Non-Resident \$29

Fri	9:30am–12pm	Oct 14–21	49510
Fri	9:30am–12pm	Jan 6–13	49511

Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting)
Supply list available at PKCC
Prerequisite: Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes
No class 11/11 & 11/25 • Supply fee \$3
Resident \$60 / Non-Resident \$72

Fri	9:30am–12pm	Nov 4–Dec 16	49512
Fri	9:30am–12pm	Jan 20–Feb 17	49514

Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 8 classes • No class 11/23 & 12/28
Resident \$130 / Non-Resident \$156

Wed	5:30–8:30pm	Sept 7–Oct 26	49506
Wed	5:30–8:30pm	Nov 2–Jan 4	49507
Wed	5:30–8:30pm	Jan 11–Mar 1	49508
Wed	5:30–8:30pm	Mar 8–Apr 26	49509

Mixed Media **NEW!**

Experience working with various water and oil based media to produce both representational subjects and abstract designs. Instructor will demonstrate techniques for applying layers of oil based media over dry water based media to enhance and make changes to the painting, glazing and new techniques in applying silver and gold leaf.

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 8 classes • No class 11/24 & 12/29
Resident \$130 / Non-Resident \$156

Thur	6–9pm	Oct 27–Dec 22	49807
Thur	6–9pm	Feb 16–Apr 6	49814

Anyone Can Draw

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. Develop skills in drawing textures, animals, elements in nature using graphite pencils, ink and ink washes. This is an easy to follow class with lots of individual attention, drawing is easier then you thought!

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 6 classes • No class 9/22
Resident \$98 / Non-Resident \$118

Thur	6–9pm	Sept 8–Oct 20	49515
Thur	6–9pm	Jan 5–Feb 9	49516

Ikebana—The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements. Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana.

Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

Location: PKCC • Location: PKCC • Instructor: Diane Elliott
4 classes • Resident \$64 / Non-Resident \$72

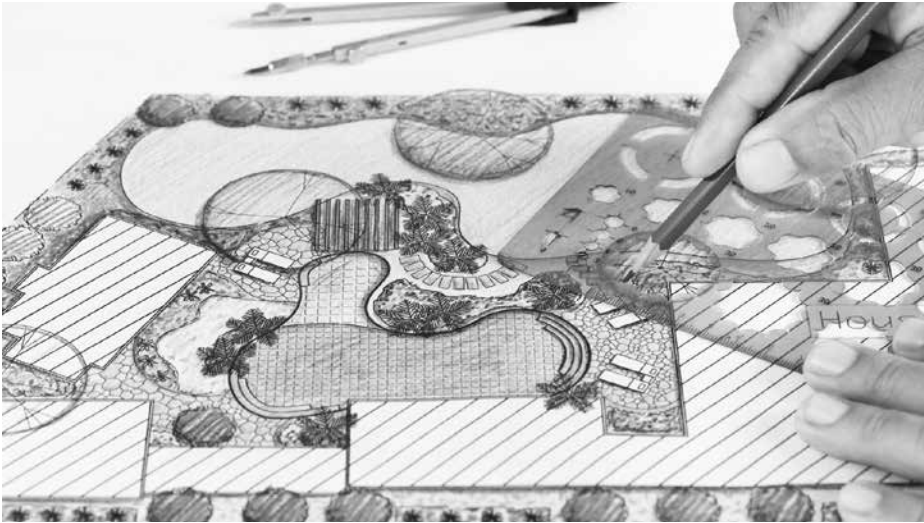
Wed	6:30–8:30pm	Oct 12–Nov 2	49598
Wed	6:30–8:30pm	Feb 8–Mar 1	49599

Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

Supply list available at PKCC • Instructor: Louise Arntson
Location: PKCC • 4 classes • Resident \$30 / Non-Resident \$36

Thur	1–3pm	Sept 8–29	49291
Thur	1–3pm	Oct 6–27	49292
Thur	1–3pm	Jan 5–26	49293
Thur	1–3pm	Feb 2–23	49294
Thur	1–3pm	Mar 2–23	49295



Gardening

Fall Clean Up **NEW!**

Each year there are things to do in your landscape to get it ready for winter. We'll talk about what needs to be done yearly, bi-annually and every three years. This is a one hour class and a handout will be provided.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$10 / Non-Resident \$12

Thur	6:30–7:30pm	Sept 8	49628
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Rhododendrons **NEW!**

How often have you thought “Everyone has rhodies. I want something else.” Why do you suppose, everyone has rhodies? We'll talk about them, the wide variety of species, blooms, and which rhodies do best. You will walk away with a new appreciation of this versatile landscape shrub.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$10 / Non-Resident \$12

Tue	6:30–7:30pm	Sept 13	49815
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Selecting Plants for Shady & Partly Shady Landscapes

NEW! Do you buy plants for their beautiful flowers and plant them, only to watch them slowly decline? Selecting the right plants for a given location can save lots of money, and choosing the right combination of plants can take your garden from nice to glorious. Learn which plants thrive in shade or part shade. We'll also look at soil types, moisture content and problem areas such as steep hillsides that are very dry and what to plant beneath mature trees.

Plant lists included. There will be a 60-minute presentation and slide show followed by 30 minutes of consultation time to help plan your garden.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Resident \$14 / Non-Resident \$17

Tue	6:30–8pm	Oct 4	49604
Sat	10–11:30am	Oct 8	49629

Landscape Design: An Introduction **NEW!**

This is a six-part class where you will learn how to create a measured drawing, choose plants, how soil affects plants, and basic design principles. There will be weekly reviews and suggestions. In the end, together we will review your plan and make final suggestions.

*Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks • Location: PKCC
Resident \$270 / Non-Resident \$324*

Thur	7–9pm	Sept 15–Oct 20	49817
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Music

Beginning Guitar Turbo Charged!

15 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

Student must provide their own instrument • 8 weeks

Instructor: Scott Lawson • Location: NKCC • No class 10/31 & 2/20 • Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Sept 12–Nov 7	49759
Mon	6:30–7:30pm	Jan 23–Mar 20	49760

Guitar Song Workshop

Ages 12 to Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

Instructor: Scott Lawson • Location: NKCC

8 weeks • No class 10/31 & 2/20

Resident \$98 / Non-Resident \$118

Mon	5:15–6:15pm	Sept 12–Nov 7	49761
Mon	5:15–6:15pm	Jan 23–Mar 20	49762

Drop-In Guitar Lessons

Ages 12 to Adult

Whether you are having trouble with a song, a chord, a progression, theory, or a technique, these drop-in 20 minute lessons, are a perfect solution to get your questions answered quickly and guide your playing in the right direction. Forward!! There are three twenty minute time slots available for lessons with a maximum of three students per lesson, first come, first served.

Instructor: Scott Lawson • Location: NKCC • No class 10/31, 1/16 & 2/20 • Resident \$15 / Non-Resident \$16.50 (per each 20 minute session)

Mon	4–5pm	Sept 12–Nov 7
Call to register, 425.587.3350		

Mon	4–5pm	Jan 23–Mar 20
Call to register, 425.587.3350		



Adult Special Interest

Voice-Overs

Voice Overs... Now is your time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you've been looking for!

Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.

Location: NKCC • Resident \$37 / Non-Resident \$44

Wed	7-9pm	Nov 16	49896
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Language

French For Adults

Ages 18 to Adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

Instructor: Frederique Battestini of Polly-Glots

Location: NKCC • 10 weeks

Resident \$168 / Non-Resident \$202

Sat	11am-12pm	Sept 17-Nov 19	49897
Sat	11am-12pm	Jan 21-Mar 25	49898

Medicare Classes

Medicare-Open Enrollment

If you need help navigating Medicare's annual open enrollment, October 15-December 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

Call 425.587.3360 to register, seating is limited • FREE

Sponsored by SHIBA • Location: PKCC

Fri	1-2:30pm	Sept 30	49903
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Medicare-Getting Started

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- Medicare A, B and C
- Help you to understand your Medicare benefits and options
- Help paying for Medicare if you qualify

Call 425.587.3360 to register, seating is limited • FREE

Sponsored by SHIBA • Location: PKCC

Fri	1-2:30pm	Feb 24	49904
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If you need help navigating Medicare, the Statewide Health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Mindfulness

Mindfulness for Balanced Life

Mindfulness is an integrative, mind-body approach to life that helps people relate effectively to their experiences. It involves paying attention to thoughts, feelings and body sensations in a way that can increase the awareness, help managing difficult experiences, and create space for healthier choices. Mindfulness can help reduce stress and improve functioning in every segment of life (education, the workplace and at home) and help anyone live a happier, healthier, more engaged and balanced life.

Instructor: Spomenka Vitman, MA LMHCA

Location: PKCC • 4 classes

Resident \$20 / Non-Resident \$24

Tue	5:30-7pm	Oct 4-25	49996
Tue	5:30-7pm	Jan 10-31	49997

FOR COUPLES: Resident \$30 / Non-Resident \$36

Tue	6-7:30pm	Nov 15-Dec 6	49998
Tue	6-7:30pm	Feb 21-Mar 14	49999

American Red Cross Classes

Adult and Child First Aid/CPR/AED

Ages 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Text Books and Pocket Masks included in fee

• **Must register by Dec 28** • 6 hour course

Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am-3pm	Jan 7	49102
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Computer Classes

**Class participant should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.*

Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Sept 9–30	49991
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Windows 10 Workshop **NEW!**

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey • 4 classes
No class 10/28 • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Oct 7–Nov 4	49993
Fri	1:30–3pm	Feb 3–24	49994

iPad Workshop

Do you need help with your iPad? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey
4 classes • Participants must provide their own iPad
Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Jan 6–27	49990
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Transferring Photos **NEW!**

Want to learn how to transfer photos from your smartphone, tablet, or digital camera to your Windows computer? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your smartphone, tablet, or digital camera, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey • 2 classes
Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Mar 3–10	49995
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Maintain Your Computer's Performance

Want to learn how to keep your computer running as fast as when you first purchased it? Join us for this workshop as we explore routine maintenance and the best utilities to use to maximize your computer's performance. You may bring your computer (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey • 2 classes
Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Mar 24–31	49992
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42
Advanced registration required, call 425.587.3360

More computer classes
now available!
See page 60 for more details.

